



Katimavik Elementary School

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Dear Parent or Guardian

In the near future, Grade 8 students will begin a health unit on Healthy Living – Human Development and Sexual Health. The purpose of this letter is to inform you of the topics that will be covered and to provide you with the opportunity to talk with your child prior to commencing with our studies

This unit extends from the work begun in grade 7 and will cover the following areas;

- Identify and explain factors that can affect an individual's decision about sexual activity and identify sources of support regarding sexual health;
- Demonstrate an understanding of gender identity, gender expression and sexual orientation and identify factors that can help individuals of all identities and orientation develop a positive self-concept;
- Demonstrate an understanding of aspects of sexual health and safety, including contraception and condom use for pregnancy and STI prevention, the concept of consent, and matters they need to consider and skills they need to use in order to make safe and healthy decisions about sexual activity;
- Analyse the attractions and benefits associated with being in a relationship, as well as the benefits, risks and drawbacks for themselves and others, of relationships involving different degrees of sexual intimacy.

The delivery of this unit will be presented in partnership with our Public Health Nurse - Carrie Innes

It is our belief that you as parents/guardians play a significant role in the formation of your children's values and behavior related to human growth and development. This unit offers you a chance to discuss classroom lessons and to consider them in view of your own family values and beliefs.

Other activities which might encourage discussions with your child are;

- Watch a video or television show with your child and focus on sexual stereotyping, how relationships are portrayed and what messages are being given about sexuality
- Look at magazine ads or commercials and talk about messages that are being conveyed about human sexuality
- Complete any activity that your child brings home to share with you.

Should you have any questions or wish to have more information about the unit do not hesitate to contact me.

Sincerely,

Mr. Harry J. Roo and M Jamel Touabi,
Grade 8 Health Physical Education Teachers, Katimavik ES